

# Skill Sheet 10-I-12

**Objective 29:** Shift a ladder — One-firefighter method. (*NFPA<sup>®</sup> 1001, 5.3.6*)

**Student Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

## Directions

For this skills evaluation checklist, students will shift a ladder using the one-firefighter method.

## Equipment & Materials

- Ladder
- Protective clothing

## Criteria & Evaluation Comments

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Criteria (determined by the AHJ)

*After the candidate has completed the skill sheet, write comments below.*

Evaluator/Candidate Comments

Pass

☐

Fail

☐

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Evaluator Signature

Date

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Student Signature

Date

## Skills Evaluation Checklist

**Objective 29:** Shift a ladder — One-firefighter method.

Task Steps		Yes	No
1.	Face the ladder.		
2.	Heel the ladder.		
3.	Grasp the beams.		
4.	Bring the ladder outward to vertical.		
5.	Shift grip on the ladder, one hand at a time, so that one hand grasps as low a rung as convenient, palm upward.		
6.	Grasp a rung as high as convenient with the other hand, palm downward.		
7.	Turn slightly in the direction of travel.		
8.	Visually check the terrain and the area overhead.		
9.	Lift the ladder and proceed forward a short distance.		
10.	Watch the tip as it is being moved.		
11.	Set the ladder down at the new position.		
12.	Switch grip back to the beams.		
13.	Heel the ladder.		
14.	Lower the ladder into position.		